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Union wary of plans for overtime

LABOUR

AHS seeks out efficiencies within health departments



Jeremy Simes
For Metro | Calgary

Though Alberta Health has said front-line care won't be affected when "cuts" are made to curb the growth of health-care spending, there are new questions about how changes could affect staff overtime.

Last week, Alberta Health Services' interim president and CEO Dr. Verna Yiu said numerous health departments within AHS would be affected by cuts to curb health-care spending.

To curb spending, Yiu said AHS

is looking at the standardization of hours, and combatting overtime and sick-time to increase full-time percentages, as labour costs make up 70 per cent of AHS's budget.

For Elisabeth Ballermann, president of the Health Sciences Association of Alberta, AHS needs to clarify its plans to standardize hours.

"If someone calls in sick and the hospital doesn't plan to refill that position because it doesn't want to pay overtime, then (Alberta Health) would not be able to legitimately say that front-line care isn't being affected," she said.

"If that's the case, then that would be a problem for patient care — workers would have to do more work that would be less thorough."

On the flip side, Ballermann said less overtime could be good for workers, because they won't feel pressure to work overtime.

Details will be made when AHS outlines its budget in February.



Brianna Banderfluit and Kaleb Scowcroft, both 10, enjoyed cutting Barbara Wyse's hair. JEREMY SIMES/FOR METRO

TAKING SHORT CUTS

Kids act as hairdressers at a High Performance Rodeo event

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Now we're asking you to share those places with others! After all, they deserve some recognition.

That's why we've launched the brand-new Metro Calgary Community Choice Awards — a simple online portal that allows you to tell us about amazing Calgary businesses and then lets the community vote them to the top.

"We're thrilled to choose Calgary as the first Metro market to launch the Community Choice Awards," said Metro English Canada vice-president and group publisher for Western Canada, Steve ShROUT.

"This is an opportunity for the citizens of Calgary to celebrate and identify their



The St. Patrick's Bridge, shown shortly after opening, has become a favourite crossing for people out for a stroll. iStock

favourite businesses and for us to be a part of shining the spotlight on the exemplary work being done locally in our business community."

The Metro Community Choice Awards will cover several categories, including (but

not limited to): Automotive, Food and Drink, Business or Service and Entertainment, so readers will not only see Calgary businesses in the spotlight, but great recommendations are at their fingertips if they're looking for some-

thing in particular to suit their needs.

Metro will bring you the results of our reader-driven awards in special editions scheduled for both May and July of 2016. Winners will be grouped into three categor-

ies: gold, silver and bronze.

Have your say! Nominate a Calgary business you think deserves the limelight and then vote on the nominations at calgary.metrocommunitychoice.com.

METRO

SNOWMOBILING Avalanche toll won't deter some

The day after a colossal avalanche killed five snowmobilers in eastern British Columbia, Thea Pelletier climbed aboard her machine and returned to the backcountry wilderness. She unfastened a yellow plastic lily from her backpack and planted the flower in pristine snow to pay her respects.

"I had a moment. It was intense. It was bigger than thou," Pelletier said. "You feel the insignificance of what you are when you're up against mountains like this."

The B.C. Coroners Service revealed over the weekend the identities of the five Alberta men who died during a recreational outing on Mount Renshaw, near the small community of McBride, B.C.: Vincent Loewen, 52, of Vegreville; Tony Greenwood, 41, of Grand Prairie County; Ricky Robinson, 55, of Spruce Grove; Todd Chisholm, 47, of St. Albert; and John Garley, 49, of Stony Plain.

The coroner's office issued a news release that it concluded its investigation of the avalanche area as it works to determine the slide's cause. RCMP said the snowmobilers were in four separate groups that had converged just before the slide roared down.

Search-and-rescue manager Rod Whelpton, who helped in the response, noted the deep snow made for an unpredictable situation. However, Friday's deaths would not necessarily be a future deterrent, he said.

"I believe some people will be changed and other people will continue on," he said.

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Creating a startup from scratch — 30 days later

BUSINESS

Entrepreneur weighs in on hits, misses of his challenge



Aaron Chatha
Metro | Calgary

On Jan. 1, Dario Hudon-Verrelli set an imposing goal for himself: to turn an idea in his head into a fully formed startup company, with a product and investors, all within only 30 days.

Now that those 30 days have passed, did Hudon-Verrelli accomplish everything he hoped to? No — but he still considers the project a huge success.

“What we have instead is something I think is a bit better; we have a community project, which, if you think about it, was kind of the goal,” he laughed.

The project idea hasn't changed: ViewCake is presentation software designed to allow audiences to annotate and share slides.

Hudon-Verrelli initially started the project on his own, putting out a call to social media for

interested developers to join in.

As the project evolved, however, Hudon-Verrelli decided to team up with Pixel Academy, which is connecting his startup with students who need a project to sharpen their skills, plus the help of experienced mentors. On the business side, it helps reduce startup costs.

Hudon-Verrelli said the 30-day challenge was an incredible learning opportunity.

“The biggest eye-opener is that you have to bring everybody to the table at once,” he said. “I thought — wrongfully so — that I could talk to the UX, then I could talk to the back-end developers, then finance, then marketing. All that was wrong. I should have gathered everyone in one shot with some pizza and

beer and taken just an hour of their time.”

He said things would have gone a lot more smoothly if he addressed all the components of his business at the

same time, so everyone knew in clear terms what their role was, where they were going and how they were going to get there. It would have saved on time, as well.

He realized the larger community in Calgary was very willing to back an interesting



Dario Hudon-Verrelli started the new year with an ambitious goal: to create a startup company within 30 days. AARON CHATHA/METRO

product.

“Nobody I spoke to said no,” he recalled. “Everybody threw their hat in the ring, in one capacity or another.”

That included established business owners like Adil Hooda, owner of the The Locked Room, who gave Hudon-Verrelli 30 minutes of his

time, told him his idea wasn't new, but that he was still on the right track and explained what he needed to tackle next.

The next steps for ViewCake, now that the 30 days are over, are to organize financials with investors, incorporate and define how they're going to reach out to their market — which

he sees as primarily post-secondary education. His biggest takeaway from the experience was more personal.

“I'm not going to lie, man — I Googled fast startup checklist. There's so many resources out there,” he said. “As long as you can remove your ego, you're going to be fine.”

CULTURE

Doc sheds good light on Africa



Brodie Thomas
Metro | Calgary

Phina Brooks and Sylvester Ndumbi are curbing stereotypes and fear-mongering about Africa in the media — something Brooks has experienced firsthand.

Brooks, a local film director, missed her mom's funeral in Lagos, Nigeria, because of this, she said. The country was entering an election and, due to sensationalized reports of possible warfare, Brooks stayed home. The election was peaceful.

“I, too, was affected by this stupid reporting,” she said. “So I didn't go to my mother's funeral because of fear.”

Brooks said the media tends to report on all that's negative in Africa. So, to paint an objective picture, Brooks and Ndumbi co-produced *The Motherland*, a documentary that explores Africa's positive and authentic stories. For example, Ethiopia is one of the fastest-growing economies in the world, Kenya has a burgeoning tech scene and local community members are contributing to Calgary's economy, Brooks said.

“Don't get me wrong,” said Brooks, the documentary's director. “We still need to be critical of the bad things that are happening but we also need to share the other things that are great.”

The Motherland premieres at the Globe Cinema on Saturday, and admission is free.

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Scarlet Bjornson and her mom, Hazel CONTRIBUTED

Woman fights for better care

AGING

Mom's mental health issues spur advocacy

Jeremy Simes
For Metro | Calgary

The University of Alberta Hospital is re-evaluating its plans for a patient, after it was deemed she needed better care for her mental health issues, according to the patient's daughter, Scarlet Bjornson.

Hazel Bjornson, who suffers from depression and has suicidal tendencies, was admitted to the U of A hospital late January after her emergency contact found her confused and lethargic at her care home — the Villa Marguerite.

Scarlet's concern was that her mother's mental health was not being considered in the plans to discharge her.

"She's a risk to herself and to just release her back to the home where there's no supervision is a mistake," she said.

According to Scarlet, Hazel — who has multifactorial dementia — fell at the care home, yet nobody notified Hazel's emergency contact person as

soon as the fall occurred.

Ian West, vice-president of operations of Park Place Seniors Living — which operates Villa Marguerite — confirmed there was an incident where an individual fell in January.

He said he believes the "agent" of the individual wasn't contacted immediately when the fall occurred.

When Hazel was finally admitted to hospital, U of A doctors discovered that she was in liver failure, dying from a Tylenol overdose. It was a suicide attempt, Scarlet said.

But things got worse. Doctors placed her in the transition unit, wanting to discharge her back to Villa Marguerite, Scarlet said.

In a statement, AHS said it can't comment on specific cases.

"Patients are discharged from acute care when they are medically stable and it is appropriate for them to be discharged," AHS said. "This is a decision made by a physician, along with a patient's care team."

Scarlet said she filed a complaint and, on Friday, was told Hazel will stay in the unit she finds a care home that's not the Villa Marguerite.

"It's a small win," she said. "I'll take it."

TRANSIT

City denies lack of public input on BRT

Brodie Thomas
Metro | Calgary

How many meetings does it take to make a consultation?

Ready to Engage — the group opposed to the southwest transitway project — continues to accuse the city of not consulting on the project meaningfully, while the city insists it has.

The project would create a

bus rapid transit (BRT) system in the southwest.

Sean Somers, spokesman for the city's transportation department, said Ready to Engage's accusations are blatantly false.

"If you go on the project website — there is a summary of the public engagement that happened back in 2010," he said.

The document on the city's website lists five stakeholder meetings with groups such as Mount Royal University, Rocky-

view General Hospital and Heritage Park. The city also held four public information sessions, put signs along the route and sent a mail-out to 50,000 residents.

Community associations were notified of the project, but did not provide formal feedback at that time.

The consultations were held five to six years ago, but Somers said that's the nature of city planning.

"One of the ongoing challenges

for us is we do transit planning with a lens, in some cases, 50 to 60 years out."

Somers said the Ready to Engage group is spreading false information, and accused the group of fear mongering.

Rick Donkers, spokesman for Ready to Engage, dismissed the city's consultation process.

"What they call consultation doesn't take into consideration what the public is asking them to look at," he said.

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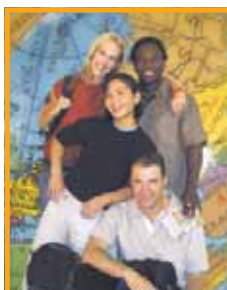
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Farms help fill shelter's freezer

COMMUNITY

The Mustard Seed receives locally sourced meat regularly



Brodie Thomas
Metro | Calgary

On any given night, The Mustard Seed is serving up dinner for 370 to 400 of Calgary's homeless.

And quite often, those guests are dining on locally raised beef and chicken.

David Trefry, food services manager with The Mustard Seed, said often the donations come out of the blue.

"That happens," said Trefry. "We'll get a semi pull in here, and they'll say we've got this — and they don't even want a tax receipt."

Before Christmas, he got two pallets of pre-cooked stampede-style barbecue ribs. He's already done two big suppers and figures he has enough to do two more.



David Trefry, food services manager with The Mustard Seed, holds a large cut of beef donated by a farmer from outside Calgary. He said trucks sometimes arrive at the homeless shelter unannounced with thousands of dollars worth of meat. BRODIE THOMAS/METRO

Trefry said much of their beef and chicken comes from farmers who live just outside of Calgary. About 90 per cent

of their chicken comes from Country Lane Farms.

Jerry Kamphuis, owner of Country Lane Farms, said he

donates to several Calgary groups, but The Mustard Seed is the main one.

"We are a Christian family



Their desire is to help people to move forward.
Jerry Kamphuis

and we decided that's where we wanted to direct our product," said Kamphuis. "We set aside about 100 birds for them every three weeks."

He raises his chickens without antibiotics and said they let the birds live longer than most factory farms. That means a bigger chicken with better-quality meat — usually around seven pounds dressed.

He said he wants to help The Mustard Seed because of the organization's philosophy.

"Their desire is to help people to move forward," he said. "We all know people run into rough spots in their life. The Mustard Seed is not, 'How can I feed you today?' but 'How can I help you get back on your feet so you can feed yourself?'"

While Kamphuis keeps The Mustard Seed going through chicken donations nearly all year round, Maurice Walsh tries to give the organization several sides of beef each year.

Walsh has a hobby farm out-

side High River with about 60 cattle. He tries to donate once in the summer and again just before Christmas.

Walsh said that after volunteering in shelters, he has seen examples of able-bodied people who suffered from mental health issues and cannot work.

He thinks many people lack understanding of how debilitating mental illness can be, and that is part of the reason why he wants to help.

"You hope that you're doing some good," said Walsh. "You hope that you're helping to bring some people out of poverty."

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The value of chicken donated to The Mustard Seed in 2015 is approximately **\$52,000**.

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Kurds, family pay tribute to soldier



In an essay Gallagher wrote to his Facebook page before he left Canada, he explained his reasons for leaving.

A vigil for John Gallagher was held Sunday, at the Devonian Gardens. AARON CHATHA/METRO

In a matter of minutes, Barbara Wyse lost six inches of hair. But her fearless stylists —

And who wouldn't be a little nervous to get a hair cut by a bunch of students from Ab-

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"It was a lot fun," he said.
"They did a good job."

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Virginia Quon stands behind an Aukupi store space — which allows makers to test new products in a micro-marketplace. AARON CHATHA/METRO

Aukupi encourages big dreams in a small space

STARTUPS

Storefront to showcase makers' wares



Aaron Chatha
Metro | Calgary

For those with the skills to make anything they dream — but dream of taking those cool products to market — a new space is offering makers a way to kick-start their businesses on a micro scale.

Inside a corner of Calgary's Archeloft maker space is Aukupi (pronounced like 'occupy'), which offers different sizes of shelf space for Calgary makers with unique, self-made products.

A maker space offers heavy-

duty tools, like laser cutters or 3D printers, to people who otherwise wouldn't have access to them.

Virginia Quon, owner of Aukupi, hopes the space will allow small-time makers to test their products in a lower-risk venture instead of opening up their own storefronts.

"A lot of entrepreneurs and startups, they haven't really figured out their operational costs and the business side of things, so this is a good starting ground," she said.

The storefront already has items like custom-printed 'pixelated' cutouts and logos, 3D-printed bracelets and rings created from bamboo fibre, laser-cut and LED earrings and handmade charms.

The store launched at the end of January, but Quon hopes it will soon have a waitlist to get vendors into the space,

and will take on a rotational structure.

"Vendors will essentially set a sales target for themselves, and if they reach the sales target, they're invited back to rent the compartment space," she said.

"If they don't, then they have to vacate the space and make room for someone else."

Quon stressed products don't have to be strictly technology related — it could include clothes, or anything that's made by a maker.

"Maker is sort of an all-encompassing word," she said. "You could be a designer, artist, artisan — you could be into woodworking or technology, engineer, technician."

"As long as you produce or make something, you're a maker."

For more information visit www.aukupi.com.

GENDER EQUALITY

Salon launches fair hair pricing



Alex Boyd
Metro | Edmonton

Women have long paid higher prices for haircuts — the assumption being their hair is longer and harder to cut and style.

But that's not fair, according to the co-owners of an Edmonton salon, who as of March 1 are cutting gender-based pricing.

"We want everything to be about equality," said Jen Storey, co-owner of Adara Hair and Body Studio in Mill Creek, adding that with changing styles, the decision has been a long time coming.

"Women have been cutting their hair short since the '50s



Jen Storey and Rebecca Wollenberg of Adara Hair and Body Studio.

KEVIN TUONG/FOR METRO

and '60s."

Starting March 1, the Salon will have separate price ranges for long, medium and short cuts, regardless of gender, with some wiggle room for cuts that

are more complex.

Under the new system cuts will range from about \$37 for a shaved, or pixie cut, up to \$67 for longer hair. Right now a women's cut is about \$55, and a men's cut is about \$35.

Co-owner Rebecca Wollenberg said men's styles are also changing.

"A lot of men in Edmonton are become more conscious about their appearance," she said.

Storey said the change will also be more welcoming to transgender and non-binary customers.

Wollenberg said response to the new scheme has been positive.

"People are really excited that we're being really progressive."



A quiet review of companies like Uber and Airbnb found significant challenges for government regulation of the sharing economy, which includes ride-sharing and apartment renting. ERIC RISBERG/THE CANADIAN PRESS/THE ASSOCIATED PRESS FILE

Study points out 'sharing' trend issues

POLICY

Committee raises concerns over economy, labour, safety

Companies such as Uber and Airbnb were the subject of a quiet in-depth study by high-ranking federal bureaucrats, Torstar News Service has learned.

A committee of five deputy ministers and a team of analysts undertook a comprehensive study of the so-called sharing economy and its implications for Canadian policymakers and consumers.

The study, delivered to the committee in February 2015, found significant challenges for government regulation of the notoriously slippery and ever-expanding industry of ride-sharing, apartment renting and other peer-to-peer transactions.

"The fact that the sharing economy will create winners and losers is obvious," the report reads. "What remains to be determined is what the overall impact will be on Canadian society and the degree to which proactive government responses can positively shape the outcomes of sharing economy."

The report listed three broad areas of concern: the economy, labour and social issues and "privacy, health and safety."

Its authors noted that Canada's social safety net — including the employment insurance and old age security systems — may need to be "redesigned" to meet the needs of sharing economy workers. Likewise, the risk of unreported income from

+ OPPORTUNITIES

While the sharing economy poses challenges to governments' existing regulation and enforcement efforts, the report concludes that there are also significant opportunities. Global revenues from the sharing economy are expected to increase from \$15 billion in 2013 to \$335 billion in 2025, making the industry a substantial economic contributor.

those workers could lead to tax compliance issues and, eventually, a hit to social services.

Governments will also need to grapple with how to apply labour laws — such as minimum wage — to complex, part-time activities, as well as figure out how to ensure sharing economy workers are protected by insurance.

"For instance, in most cases, sharing economy companies do not provide insurance, benefits, or training to their workers," the report reads. "This shifts the risks onto individual sharing economy workers who remain unprotected and unsure of their rights and responsibilities."

But the deputy ministers were also cautioned against attempting to overregulate the industry — both because it could stifle the rapid innovation in the field, and because overburdensome regulations could push the sharing economy "fully outside the government's control."

TORSTAR NEWS SERVICE

REPORT

Funds intended for veterans go unspent

Veterans Affairs underspent its budget by \$200 million last year, raising questions about the Liberal government's plan to pump even more cash into a system that seems perpetually unable to get money out the door.

The figures are contained in the latest plans and priority report for the federal budget year that ended last March, which shows many of the federal government's marquee disability and entitlement

programs had surpluses of tens of millions of dollars.

Janice Summerby, a spokeswoman, says it is the largest difference between planned and actual spending at the veterans department in the past decade.

The Conservatives, while they were in power, were accused by the Liberals and New Democrats of deliberately underspending at the same department — to the tune of \$1.13 billion over seven years

\$300M

The last election campaign saw the Liberals promise to spend an additional \$300 million a year to improve veterans' benefits and support.

— in an attempt to balance the budget on the backs of veterans, an assertion the Harper

government denied.

The department's report says the current pot of unspent funds is the result of veterans not taking advantage of available benefits, and adds it's difficult to forecast how many will actually apply.

Summerby added the difference between planned and actual spending has no impact on the level of care and support.

All of the lapsed funds were returned to the federal treasury. THE CANADIAN PRESS

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EX-RADIO HOST BACK IN SPOTLIGHT

Judge may consider 'similar fact' cases as Jian Ghomeshi's trial begins Monday

Crown attorneys prosecuting sexual assault cases often present numerous individual allegations that resemble each other in the hope that a judge will determine they represent "similar fact" evidence.

"Absent evidence of collusion, you start to wonder if they are telling the same story because the accused is doing it," said John Rosen, one of Canada's leading criminal defence lawyers.

Rosen, a criminal lawyer for 46 years, has no involvement in the case but was asked by the Torstar News Service to comment on the process of a criminal trial of this kind.

The trial of Jian Ghomeshi begins Monday at Old City Hall court in Toronto. Three women will testify that he sexually assaulted them (in one case, a charge of choking-overcome resistance has been added) between 2002 and 2003.

Ghomeshi has pleaded not guilty to the charges. Previously, the former Q host has said that all of his sexual activities with women have been entirely "consensual," and in a Facebook post



Jian Ghomeshi makes his way through a mob of media with his lawyer Marie Henein at a Toronto court on Nov. 26, 2014. DARREN CALABRESE/THE CANADIAN PRESS

he blamed a jilted lover (who is not part of the proceedings) for spreading lies about him.

In a trial with multiple complainants, Rosen explained that after they have told their stories under oath, the judge may be

asked by the Crown to make a ruling on whether they are "similar fact" cases. If the judge rules they are, Rosen said "that lends corroboration to the complainants."

While an accused does not

have to testify, Rosen said the presentation of three individual cases may tip the scales and encourage Ghomeshi to present his side of the story.

That's because, Rosen explained, the "Supreme Court

of Canada has said that where you have a complainant who comes forward and testifies and there is no countervailing story coming from the defence, then the trial judge has to look at the credibility of the complainant." Rosen said that if there is no testimony from the accused, and "the trial judge accepts the credibility of the complainant, then it's a downward slide to conviction."

In a sexual assault case, particularly one with no additional evidence, Rosen said it often comes down to which side is believed.

"It's an intimate event. Two people, where nobody else is around. Those two really know what happened."

He said that it can sometimes be in the best interest of the accused to testify, particularly if it appears the trial judge is accepting the credibility of the complainants.

That's when a defence lawyer may put the client on the stand.

Even if the accused's evidence just raises a reasonable doubt, the judge must acquit," Rosen said. TORSTAR NEWS SERVICE

+ TIMELINE

Here are some key dates in Jian Ghomeshi's case.

■ Oct. 24, 2014:

The CBC announces it has cut ties with Ghomeshi.

■ Oct. 27, 2014:

The Toronto Star publishes a report detailing allegations from three women who say Ghomeshi was physically violent to them without their consent before or during sexual encounters.

■ Oct. 31, 2014

Toronto police say they are investigating Ghomeshi after two women come forward with complaints.

■ Nov. 26, 2014

Five sexual assault-related charges are laid against Ghomeshi.

■ Oct. 1, 2015

Ghomeshi pleads not guilty to all five charges.

THE CANADIAN PRESS

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SEXUAL ASSAULT CASES

Convictions 'difficult': Experts

As the trial of disgraced broadcaster Jian Ghomeshi puts the issues of consent and sexual harassment in the national spotlight this week, legal experts caution that convictions in cases of historic sexual assaults are not easy to secure.

Ghomeshi's alleged offences date as far back as 2002, and legal experts say the passing of time often poses a significant challenge to winning a conviction in such cases.

"The obvious answer is just the degradation of evidence," said Karen Bellehumeur, a former Crown prosecutor who dealt frequently with sexual assault cases. "Not only has the memory of the survivor of the abuse degraded so that peripheral details are not as clear, but also there is no longer the corroborating evidence to be investigated by police."

Such evidence could include DNA, observations about injuries or damaged clothing, and witnesses, Bellehumeur said, noting that with little physical evidence, such cases typically boil down to a "he said, she said" scenario, especially when the accused and complainants know each other. The issue of consent in those cases, she said, becomes a key element.

"The main problem is that when you have a case that's

just one word against the other, which tends to happen more in historic cases ... then a criminal case has just such a high standard of proof that it becomes very difficult," Bellehumeur said. "Unless there's a real disparity between the believability of the complainant over the accused then it's going to be very difficult for the Crown to prove a case beyond a reasonable doubt."

One positive aspect of dated sexual assault cases, however,

ant has very strong rights to present a full defence, it can become difficult."

And even with plenty of testimony, sexual assault cases can often still fall short of convictions due to a lack of definitive evidence to show a crime occurred, Mathen said.

"You can have the complainants be sexually assaulted in the sense that she has experienced a violation, and yet the accused is found not guilty because he didn't appreciate that fact," she said.



The complainant's credibility really stands and falls on her testimony, her demeanour.

Law professor Carissima Mathen

is that the announcement of charges against an accused can prompt other complainants to come forward, which in turn can help the prosecution, Bellehumeur added.

Complainants who take the witness stand, however, will be grilled by the defence who will be seeking to punch holes in their story.

"The complainant's credibility really stands and falls on her testimony, her demeanour," said University of Ottawa law professor Carissima Mathen. "Because the defend-

It's not that Canadian sexual assault laws are lacking, said one law professor, noting that on paper, they are among the best in the world.

"There are two problems with Canadian sexual assault law — one is proof beyond a reasonable doubt and that's not going to change," said University of Manitoba law professor Karen Busby. "The other problem is continuing reluctance of some judges to resist the law reform efforts made in the '90s."

THE CANADIAN PRESS



Campaign volunteers listen as Democratic presidential candidate Sen. Bernie Sanders speaks during a campaign event on Jan. 31, in Waterloo, Iowa. ALEX WONG/GETTY IMAGES

U.S. divided ahead of Iowa vote

POLITICS

State caucus a snapshot of gulf between parties, public

You hear Adam Khan talk about himself and think America maybe isn't so divided after all.

Then you hear him talk about America. Khan, 24, is the son of a Pakistani immigrant father and a white mother. Last year, he was elected chairman of the Republican Party in a key swing county in Nevada. He is a young brown man with Muslim heritage — and a supporter of gay marriage — rising fast in the domain of older white conservatives.

Republican front-runner Donald Trump, Khan said, is threatening to make the party more welcoming to bigots than minorities. His Reno-area community, meanwhile, is more politically polarized than ever.

"The Democrats blame (George W.) Bush for everything. The Republicans blame Obama for everything," he said. "And it just perpetuates the divide."

The voting phase of a rollicking presidential primary begins

on Monday, when Iowa's Republicans and Democrats pack gymnasiums for their party caucuses.

It's not just that Republicans and Democrats disagree on how to solve pressing problems; they disagree on what the problems even are. They have starkly different desires about where to live and how to live.

"All the data that we have suggests that, today, things are much more polarized than they have been at any point at least over the last 80 years," said Jocelyn Kiley, associate director of research for the polling organization Pew Research.

President Barack Obama campaigned as a unifying healer. Over his seven years in office, the gulf between the parties has grown far wider.

Republican voters press their candidates on threats to their safety and to the Constitution. Democratic voters ask theirs about the dangers of climate change and income inequality. Town halls held in the same Iowa counties sound like they are taking place in different countries.

"The divide is great," said Jeff Jorgensen, Republican chairman in Iowa's Pottawattamie County. "It's almost a divide that can't be bridged." TORSTAR NEWS SERVICE

TURKEY

Omar Khadr's sister detained

Zaynab Khadr, the outspoken sister of former Guantanamo detainee Omar Khadr, is in custody in Turkey, Torstar News Services has learned.

Khadr had moved to Turkey around the time her younger brother Omar was transferred from Guantanamo Bay, Cuba, to Canada in September 2012. She reportedly remarried and had two young children.

She and her mother, Maha Elsamnah, came under criticism in Canada for remarks

they made for a March 2004 CBC documentary titled *Al Qaeda Family*.

In 2005, Zaynab Khadr was under investigation for terrorism offences by the RCMP, but was never charged. It is not known if the Canadian-born Khadr is being held in Turkey for a criminal or immigration matter.

A spokesperson for the Department of Global Affairs said the federal government is aware a Canadian was detained

in Turkey and that Canadian officials in Ankara, Turkey, are providing consular assistance.

The identity of the individual detained could not be released for privacy reasons, the spokesperson said. The Khadr family story spans more than two decades to 1995, when Khadr's father, Ahmed Said Khadr, was arrested in connection with the bombing of the Egyptian embassy in Islamabad.

TORSTAR NEWS SERVICE



Zaynab Khadr
TORSTAR NEWS SERVICE

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IN BRIEF

Triple bombings cloud UN peace sessions

A triple bombing killed dozens in a predominantly Shiite suburb south of the Syrian capital of Damascus on Sunday even as a UN mediator held his first meeting with members of the main opposition group that seeks progress on humanitarian issues before joining formal talks on ending the five-year

civil war.

The attacks were claimed by militants from the Islamic State of Iraq and the Levant (ISIL), and Syria's delegate to the UN-sponsored peace talks said the violence confirmed the connection between "terrorism" and "some political groups" — a reference to those who oppose President Bashar Assad. THE ASSOCIATED PRESS



Bottled water is distributed to residents of Flint, Mich., on Saturday. THE FLINT JOURNAL-MLIVE.COM/THE ASSOCIATED PRESS

Lead in Canadian pipes

WATER

About 60,000 households have unsafe service lines

Water toxicity experts estimate that about 10 per cent of Canadians are at risk of being exposed to lead through their drinking water as Americans in Flint, Mich., grapple with an ongoing water scandal.

Research funded by the Can-

adian Water Network estimates that about 60,000 households in major cities across the country still have lead service lines connecting the home to the municipal water supply.

Senior researcher Graham Gagnon says each member of those households could find themselves consuming lead.

Gagnon, director for the Centre of Water Resources Studies at Dalhousie University in Halifax, says lead service lines can also be present in smaller communities and in larger buildings such as schools. Exposure



A resident uses bottled water to wash her three-week-old son in Flint, Mich. THE DETROIT NEWS/THE ASSOCIATED PRESS

could also come about through

buildings using fixtures, faucets or other components containing lead.

But Gagnon and others say Canada's cities have recognized the risks and made a concerted effort to decrease the number of lead pipes in their systems in recent years.

Gagnon believes such efforts may protect those cities from the sort of lead poisoning crisis unfolding in Flint, though adds communities that haven't launched replacement projects are at greater risk.

THE CANADIAN PRESS

COMPUTER SCIENCE

Obama pushes coding skills

U.S. President Barack Obama said Saturday he will ask Congress for billions of dollars to help students learn computer science skills and prepare for jobs in a changing economy.

"In the new economy, computer science isn't an optional skill. It's a basic skill, right along with the three R's," Obama said in his weekly radio and Internet address.

Obama said only about one-quarter of K-12 schools offer computer science instruction, but that most parents want their children to develop analytical and coding skills.

"Today's auto mechanics aren't just sliding under cars to change the oil. They're working on machines that run on as many as 100 million lines of code," Obama said. "That's 100 times more than the Space Shuttle. Nurses are analyzing data and managing electronic health records. Machinists are writing computer programs."

Separately, the National Science Foundation and the Corporation for National and Community Service this year will start spending \$135 million to train teachers over five years.

Obama said he also wants governors, mayors, business leaders and tech entrepreneurs to become advocates for more widespread computer science education.

Brad Smith, president of Microsoft, said computer science education is an "economic and social imperative for the next generation of American students."

Smith said that up to a million U.S. technology jobs could be left unfilled by the end of the decade.

THE ASSOCIATED PRESS



ELON MUSK'S HYPERLOOP

MIT wins design contest

MIT student engineers won a competition to transform SpaceX and Tesla Motors co-founder Elon Musk's idea into a design for a Hyperloop to move pods of people at high speed.

Massachusetts Institute of Technology was named the winner Saturday after a competition among more than 1,000 college students at Texas A&M University in College Station.

The Hyperloop is a high-speed ground transport concept proposed by Musk to transport "pods" of 20 to 30 people through a 12-foot diameter tube at speeds of roughly 1,126 km/h.

More than 100 university teams presented design concepts to a panel of judges in an event that began Friday.

Delft University of Technology from The Netherlands finished second, the University of Wisconsin third, Virginia Tech fourth and the University of California, Irvine, fifth.

The top teams will build their pods and test them at the world's first Hyperloop Test Track, being built adjacent to SpaceX's Hawthorne, California, headquarters.

THE ASSOCIATED PRESS

CHARITY

Price spikes worry food banks

Canadian food banks hope that the pinch they're feeling from rising food prices isn't snowballing into a full-fledged crisis.

While each agency has unique circumstances, many say higher prices during the peak winter period are limiting how much food they can purchase and having an impact on donations while also spurring a greater demand for their services.

Fresh produce prices began to surge after Christmas as adverse weather in U.S. growing regions and a weaker Canadian dollar caused the cost of imports to soar. Some food banks shifted what they handed out, turning more to canned and frozen goods. Most tried to access locally grown produce, particularly root vegetables.

Vegetable vendors have warned to expect higher prices

for those items too due to the greater demand.

The economic downturn in Alberta due to the global oil price plunge has resulted in a whopping 60 per cent increase in the number of people turning to the food bank — 19,000 people used the Edmonton facility in December, many of whom have lost their jobs in recent months.

THE CANADIAN PRESS



Julie Bourbonniere, executive director of Moisson Montreal, the largest food bank in Canada, looks over their dwindling supply of fruit on Thursday. THE CANADIAN PRESS



ROSEMARY WESTWOOD

metroview

Our whole society is on trial with Ghomeshi. Finally.

Today, Jian Ghomeshi will sit in a chair where very few alleged sexual abusers find themselves: in court.

Getting him there took an incredible feat.

In Canada, only about 0.5 per cent of sexual assaults result in court proceedings. And only about 0.2 per cent end in convictions (according to calculations made from 2014 and 2013-2014 data from Statistics Canada).

In numbers: 633,000 self-reported sexual assaults in a year, compared to 1,357 convictions.

Ghomeshi no doubt has his fame, in part, to blame for his unusual fate. And we, Canadians, can thank his fame for giving us the rare chance to collectively take stock of how terribly we fail victims.

This is a national reckoning.

It is a trial to spotlight how alleged abusers come in all kinds of packages — even handsome and charismatic. It will represent all the women, and some men, who do not report sexual assaults to police, because they know the odds are against them.

It will challenge us to remember that all are innocent until proven guilty. And it will force us to admit, in cases of sexual assault, that ideal, coupled with a perverse bias to believe women somehow “wanted it,” has left hundreds of thousands of victims a year without justice.

If there were an easy fix, we would not need this case quite so desperately.

In the fall of 2014, when support for Ghomeshi was still high and the allegations were all people could talk about, the actor Lucy DeCoutere spoke to media and put her name on the record as an alleged victim, when many were still too afraid.

“It sounds like he broke a country,” she said with incredulity. “That’s crazy.”

It is, and it’s not.

Those same statistics that make Ghomeshi’s trial so exceptional also underline how many untried cases are out there; how many victims living without recourse for what was done to them. Never mind the rest of us, who are all complicit if our justice system does not mete out justice.

It’s not only the low reporting rates (five per cent, compared to one-third for all crimes) and impunity. The rate of all violent crimes has fallen by nearly 30 per cent over the last decade, except sexual assaults. It’s unchanged.

In other words: We’re getting nowhere. Not when it comes to curbing sexual assault, or punishing it.

And so I’m grateful to the women who pressed charges against Ghomeshi, and put both him and our system on trial. Ghomeshi may be the one sitting in the chair, but today, we’re all called to court.

METRO CALL TO ACTION

#PrideTape scores fundraising goal

Hockey fans across the country are showing their true colours. What started as a modest crowdfunding effort at the University of Alberta has grown into a coast-to-coast grassroots push for greater inclusivity in sports. But there’s still more work to be done.

Hockey teams across North America could soon be taping up their sticks with pride after an Edmonton campaign passed its Kickstarter goal.

Pride Tape is an initiative of the Institute for Sexual Minority Studies and Services at the University of Alberta. It aimed to raise \$54,000 to have 10,000 rolls of the rainbow-coloured hockey tape made.

As of Sunday afternoon, more than \$70,000 had been pledged.

Kris Wells, the institute’s director, said the support has been overwhelming.

“That was great to see, and we have really been experiencing momentum for the Kickstarter campaign ever since the Oilers debuted Pride Tape at their skills competition,” he said.

The Edmonton Oilers put the tape on their sticks during their skills competition on

Jan. 24, and the team’s community foundation also gave the campaign \$8,000. Wells said that appearance led to a big surge in interest.

“It just sort of went viral all over North America,” he said, “The Oilers’ leadership has really been pivotal in the success.”

Having surpassed the goal, Wells said the additional funds are going to help get the tape in more hands.

“We’re well over what we initially hoped to raise to produce those first 10,000 rolls, so this extra funding just allows us to increase our support.”

Wells said the tape is meant to be a conversation-starter about LGBTQ issues in hockey and he’s hopeful minor leagues will think about policies or practices that might make people feel more welcome in the sport.

“It has to be more than



CONTRIBUTED

just putting the tape on your stick,” he said.

“Our goal has been to get the product created, to get it out there and distribute, and hopefully get people talking.”

Metro put out a call to readers on Friday encouraging them to have their local teams use Pride Tape, and Wells said that campaign has also led to results.

“We have seen on social media that people are asking their team.” RYAN TUMILTY/METRO

Keep the momentum going! We think all of Canada’s pro and amateur hockey teams should get on board with Pride Tape. If you agree, share this story online and post on social media: #PrideTape

A living case against Catholic school funding

KLASZUS’ CALGARY

Jeremy Klaszus



Calgary Bishop Fred Henry makes a better case than anyone that Catholic schools should no longer get full public funding.

He’d never say that, of course. But his tirades in reaction to the Alberta government’s guidelines to make schools safer for LGBTQ kids are more convincing than any argument put forward by critics of the church.

In a pluralistic age, Alberta clings to an archaic system that funds Catholic school districts on par with public schools. (This configuration has its roots in the Canadian constitution, which allows for Catholics and Protestants to start separate school boards.) Fully funding religious edu-

cation for one denomination is a messy business to begin with. Henry’s recent missives show just how bizarre and troubling it is.

Henry is unelected, and accountable primarily to his church, not the public. Yet he holds significant sway over the publicly funded Calgary Catholic School District as its moral and spiritual leader.

He has fought to keep the HPV vaccine and gay-straight alliances (GSAs) out of Catholic schools. Now he’s upset by guidelines that, as Education Minister David Eggen put it, aim for “every student to feel safe and welcome and cared for” in Alberta schools.

In his first letter this month, Henry said the guidelines are “anti-Catholic” and “breathe the pure secularism.” More troubling was his denunciation of gay-straight alliances as “highly politicized ideological clubs which seek to cure society of

‘homophobia’ and ‘heterosexism.’”

Anyone who places homophobia in quotes, as if it’s made up, should have no say in public education.

Many other religious groups hold views similar to Henry’s. But these groups don’t enjoy full public funding for schooling. In Alberta, a private school can get at most 70 per cent of the public rate. (We should probably revisit that, too.)

Given his church’s privileged position, Henry could have responded to the new guidelines in any number of measured ways.

He could have acknowledged that there are varying opinions amongst Catholics nowadays about sexuality (though certain leaders don’t like to admit this).

He could have said it will be challenging to reconcile the new guidelines with traditional Catholic teaching.

He could have asked for more consultation with the Catholic community.

Instead, he went guns blazing, first with an epistle titled Totalitarianism in Alberta, followed by last week’s Totalitarianism in Alberta Part II.

The good news is that in the Bible there are only three epistles max of the same name, so we should be nearing the end.

Earlier this month, Edmonton Catholic archbishop Richard Smith said, “A Catholic school can’t reasonably be expected to deny its faith base in its day-to-day operations and activities.”

Perhaps not, but neither should citizens be expected to foot the bill for religious indoctrination. Of that, Henry has left no doubt.

Jeremy Klaszus is a Calgary-based freelance journalist and stay-at-home dad.

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RSP or TFSA? How to choose

NEST EGG

The keys to understanding the popular savings tools

Michelle Williams

Two of the most popular savings tools available to Canadians are the RSP (Retirement Savings Plan) and the TFSA (tax-free savings account). But how do you decide which option is best for you? First of all, it's important to understand the differences between them:

To tax or not to tax

"They're both tax-advantaged savings plans that are endorsed by the federal government, but with some real differences," says Kurt Rosentreter, a senior financial advisor at Manulife Securities and a chartered accountant in Toronto.

The RSP, around since 1957, was once the go-to savings plan for any Canadian looking to save for retirement. How much you can put into your RSP annually is directly related to your earned income: you can contribute up to 18 per cent of your previous year's earned income each year, which gets deducted from your taxable income at tax time. Whatever you don't use gets carried over to the following year.

"So there's room to build



Both RSPs and TFSAs have their advantages. Your choice will depend on your income and financial goals. ISTOCK

significant savings for retirement," says Phil Goldband, partner at G&G Partnership in Toronto.

Though you're taxed when you withdraw your RSP savings, presumably this won't be until you're retired and your income and tax bracket are lower. As such, you're pay-

ing significantly less tax on the money when you take it out than you would have paid when you made the contribution in your higher-income years.

In 2009, the federal government introduced the TFSA.

"There is no tax deduction

for your TFSA contribution like there is with an RSP contribution," explains Goldband, "however, when the money is withdrawn, the income earned comes out tax-free."

Unlike with an RSP, the amount you can contribute to your TFSA is not related to income. Everyone is allowed to

contribute the same amount: up to \$5,500 for 2016.

Making the choice

So how do you choose which of the two plans makes the most sense for your hard-earned savings?

"First, a lot depends on your income," says Rosentreter.

"The Canadian income tax system is progressive — the more you make, the higher percentage of tax you pay. The RSP offers a tax deduction for your contribution amount every year. So the higher your income, the more beneficial it is."

For lower-income earners, the RSP tax deduction isn't worth as much, since you're not paying a high percentage of tax in the first place.

"Those with lower incomes may not be getting the bang for your buck with the RSP, so the TFSA contribution can make more sense," adds Rosentreter.

But it's not just about income level.

"Generally, it makes sense for young investors to put their money into TFSAs versus RSPs," Goldband says, since they can withdraw the money any time they want without being taxed on the income earned.

For expenses like a new car, a home, tuition or a medical emergency, the flexibility of a TFSA comes in handy.

However, both savings tools are designed to serve the same goal: saving for retirement. To that end, the choice doesn't have to be between one and the other. Young and old investors alike would be wise to look at both plans and consider the advantages each one offers.

"If someone has ample cash flow, they may want to consider maximizing both the RSP and TFSA contributions each year," suggests Rosentreter.

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Will Annick and Yolanda's financial goals be met? **Metro's finance guru Lesley-Anne Scorgie** has only 10 weeks left to tackle the women's largest financial burdens and teach them to allocate resources.

Swimming in student debt



LESLEY-ANNE SCORGIE
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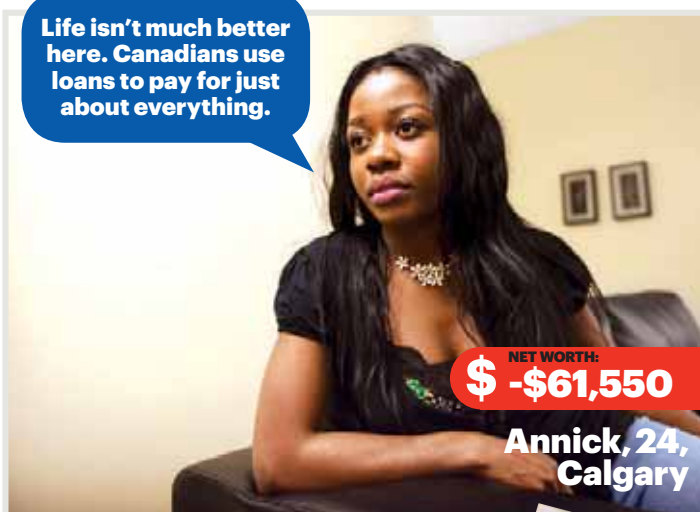
THE CHALLENGE: Metro's finance guru has 10 weeks to get Annick, 24, and Yolanda, 27, to change their spending behaviours and build a nest egg while meeting their financial obligations. This week we focus on Annick.

THIS WEEK: Annick immigrated to Canada in 2010, finished her undergrad in Energy Management at the University of Calgary, and now works as a property management administrator making \$35,000 per year. She's on a mission to crush her consumer debt within six months and save a \$25,000 down payment through her RRSP over the next five years.

NEXT WEEK: Yolanda learns there is such a thing as being too frugal! She is depriving herself of the small things in life that would make her happy.

LESLEY-ANNE SCORGIE IS A BESTSELLING AUTHOR AND FOUNDER OF MEVET, A MONEY COACHING SERVICE FOR CANADIANS. FOLLOW HER @LESLEYSCORGIE

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Annick, 24,
Calgary



As Annick struggles to stay on top of her bills, she also makes a list of her financial goals. JENNIFER FRIESEN/FOR METRO

THE STORY

When Annick arrived to Canada from the Democratic Republic of Congo (DRC), she had high financial hopes. But today she joins thousands of underemployed new graduates in Alberta's tough economy. Compared to the DRC, "Life isn't much better here. Canadians use loans to pay for just about everything. Then they can't afford anything," says Annick.

Weighted down by credit card balances and student loans, Annick recently qualified for repayment assistance through Canada Student Loans, buying her six months of low principle payments of \$150 per month. She took another drastic financial step, applying for rent relief through her landlord. This request would reduce her monthly rent to \$1,200 from \$1,400. She splits this cost with her roommate.

THE LESSON

It's hard to see the light at the end of the tunnel of debt, but Annick's going to use the 60/60/60 plan. Every 60 days she will eliminate another debt, starting with her loans from friends and family because those are loaded with financial and personal anxiety. She'll use money from her second job, \$450 per month, to eliminate those quickly.

She'll then move on to her taxes followed by her credit cards. While implementing the 60/60/60 plan, she'll continue to make regular minimum payments on every loan.

\$ MONEY

A surprise: Annick worked extra hours at her second job in December and was paid double her hourly rate of \$17. She applied that 'extra' money to her furniture loan.

Assets	
RRSP	\$450
Total Assets:	\$450
Liabilities	
Student Loans	\$58,650
VISA	\$1,500
Mastercard	\$600
Furniture loan from a friend	\$250
Loan from sister	\$750
Taxes owed	\$250
Total Liabilities:	\$62,000
Net Worth:	(61,550)

A common myth is that Annick can't save money while paying off her debt. But, we've discussed the benefits of using her employer's RRSP matching program. So she's signed up for a personal contribution of \$100 per month and her employer kicks in a \$50 match — free money! When Annick becomes debt free in five years, she'll have a nest egg she can use for a down payment or retirement.

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STASH YOUR CASH

To truly save, put away more than the debt you take on

Gail Vaz-Oxlade
For Metro Canada



One of the questions I often get from people who have watched my show is, "Are those people for real?" quickly followed by, "Don't they know they have to save something?"

Yes, the people on my show are very real; I took great pains to keep the "reality" in reality TV. And, no, people don't really think they have to save. Some think government benefits will be enough. (That may be true if you're comfortable living on about \$18,000 a year.) Others say they just can't find the money to save.

Life is expensive. I know. But saving is important. Thirty or so years ago we knew that and we saved as much as 18 per cent of our income. Since then our savings rates have plummeted. Now, on average, we're saving about five per cent of our money. But that's an

average; some of us are saving nothing at all.

And then there are the folks who think that as long they're stashing money away in RRSPs, TFSA or CSBs, they're doing fine. Never mind that the balances on their overdrafts, lines of credit or credit cards keep going up, they've got an automatic savings plan in place so they're okie dokie.

What they are is delusional. To be saving, you must be net positive, meaning that you must be putting away more money than you're taking on in debt. If this year you sock away \$10,000 in a TFSA but you rack up \$6,000 on your line of credit, \$3,500 on credit cards and \$500 in overdraft, you've saved absolutely nothing.

Saving is the act of taking money out of your cash flow and putting it away a date to be named later. Putting \$50 a month away in savings and spending \$50 on credit that you're not paying off in full when the bill comes in is *not* saving. You're *pretending* to save.

You know the story of the grasshopper and the ant.

Grasshoppers don't plan; ants do. Grasshoppers love their toys; ants love their freedom of choice. Grasshoppers compare themselves to others; ants measure how close they are to reaching their goals. So, are you a grasshopper or are you an ant?

If you answer "grasshopper" all is not lost. Just because you're not an ant doesn't mean you'll never be a saver. You're just going to have to try harder to overcome your natural tendency to have a great time and not think about tomorrow.

If you want to become a saver, focus on making small, manageable changes that will stick. Don't give up coffee completely. Just decide that you're going to trim back your coffee habit by 30 per cent a week and send all the

money you're not spending on your caffeine habit to a high interest savings account. Hey, if you can find the money for takeout coffee, you can find the money to save too.

For more money advice, visit Gail's website at gailvazoxlade.com

18%

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BEREAVEMENT

Still-grieving Céline returns to Las Vegas

Just weeks after Céline Dion lost her husband René Angélil and older brother Daniel to cancer, the pop superstar will soon return to work.

A celebration of Angélil's life is slated to take place in Las Vegas on Wednesday, and after having little time to mourn privately, Dion is scheduled to resume her residency at The Colosseum at Caesars Palace on Feb. 23.

Angélil had been battling a recurrence of throat cancer, which he was first diagnosed with in 1998. He had three sons with Dion, who took a year-long hiatus to care for him before he died.

But even for those like Dion who know the loss of their spouse is imminent, the experience isn't any less painful when their partner dies — an experience Carole Brody Fleet knows all too well.

In 1998, she had just left the legal profession to embark on a new career while enjoying a "normal life" with her police officer husband and their nine-year-old daughter.

Any sense of normalcy was shattered when Brody Fleet's



Céline Dion. GETTY IMAGES

husband was diagnosed with ALS, or Lou Gehrig's disease. He died just two years later. Four months after Mike's death, her dad passed away.

"People say things like: 'You knew it was coming ... But there's no way to be prepared for death,'" said Brody Fleet, an author and grief recovery expert.

Brody Fleet said work can be therapeutic for the bereaved. But she also hopes that the singer takes time away from the spotlight to cope with her grief.

"It's incredibly difficult," said Brody Fleet, whose new book *When Bad Things Happen to Good Women* is due out in April. THE CANADIAN PRESS

JOHANNA SCHNELLER WHAT I'M WATCHING

A thaw in chilly Mr. Robot

THE SHOW: *Mr. Robot*, Season 1, Episode 7 (Shomi)
THE MOMENT: The Shrug

Security expert Angela (Portia Doubleday) is seated in the tasteful study of corporate honcho Terry (Bruce Altman), making a deal: she'll fix his legal woes, if he describes what happened in a boardroom 20 years ago when he and other executives decided to ignore the treatment of hazardous waste in her township. He complies, nonchalantly.

"So you were drunk, eating shrimp cocktail, and it was raining when you decided my mother would die?" she asks. He looks at the ground.

"Did any of it ever give you, or anyone, pause?" she asks.

"Yeah. Sure," he replies. "But then you go home, and you have dinner. And you wake up the next morning." He shrugs.

That shrug, with all it implies, is the first moment of this series that made me feel real emotion. Oh, it's a fascinating show — brainy, original, well-made. But baby, it's chilly.

It revolves around the interior monologues of Elliot (Rami



Portia Doubleday, left, and Rami Malek star in *Mr. Robot*. CONTRIBUTED

Malek, excellent, both vulnerable and scary), a brilliant hacker with social anxiety disorder, who disdains people for not seeing what he sees: that we've signed our lives away to sneering corporate overlords. He plots with Mr. Robot (Christian Slater), an anarchist, to

bring the system down. (Again with the villainous super-rich! They're everywhere!)

Interior monologues are supposed to pull a listener in — give us insights, make us empathic. Elliot's are clever and full of truths. But because they're more about shadowy

conspiracies than about illuminating Elliot's soul, they keep me at a distance. I admire them. But I don't feel them.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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WAR AND PEACE

Lily James plays tragic heroine

Many people find the idea of reading Leo Tolstoy's *War and Peace* to be daunting, but not Lily James.

When she was cast as Natasha in a miniseries based on the novel, she was working on a live action remake of *Cinderella* directed by Kenneth Branagh, who told her, "Reading *War and Peace* will be one of the great joys of your life."

"He is right," said James in a recent interview. "It is the most beautiful, wonderful story ever told, I think."

War and Peace, also starring James Norton and Paul Dano, is being broadcast on A&E. Part 3 debuts Monday.

James, 26, says she "really just used the book like a bible. I carried it around with me everywhere. I was scribbling and writing down all the bits



Lily James stars in *War and Peace*. THE ASSOCIATED PRESS

about Natasha that I loved. Every time she turned up on a page, my heart would start beating faster."

The miniseries introduces viewers to Natasha as a 13-year-old girl who is "very young, very open, very naïve, very spirited." The miniseries spans 15 years and James says she

most enjoyed playing an older Natasha.

"The second half of Natasha's journey was what I was really drawn to," she said.

"She's this really tragic heroine ... And she goes to such depths of despair and punishment. She punishes herself for the choices she makes and in such an extreme way, and I've never dealt with material like that before so it was a real challenge."

James dons a corset once again in her next film, *Pride and Prejudice and Zombies*, opening Feb. 5. It's based on the novel by Seth Grahame-Smith.

James is best known for her role of the romantic, fun-loving Cousin Rose on *Downton Abbey*, now airing its final season on PBS's Masterpiece.

THE ASSOCIATED PRESS

FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



According to multiple reports, including ESPN, receiver Calvin Johnson has told the Detroit Lions he will retire



Scott steals the show

NHL

Unlikely all-star scores pair of goals, named tourney MVP

John Scott sat on his teammates' shoulders while fans chanted "M-V-P! M-V-P!" and the NHL finally got out of the way.

The people spoke up for Scott once again Sunday night, making the career journeyman enforcer an all-star MVP as a write-in candidate after voting him into the new 3-on-3 all-star tournament as captain of the Pacific Division.

Scott scored twice during the tournament, bringing cheers from fans and smiles from teammates who relished every moment along with the gentle giant and his goofy grin. Scott led the Pacific to a 1-0 win in the championship.

"It's just another one on the list of stuff that I cannot believe is happening," Scott said of being picked as MVP. "I never in a million years would have believed I was at an all-star game, the fans would be behind me like that and score two goals in a game. You can't put it into words. You can't write this stuff. It's unbelievable."

Now Scott's helmet is headed to the Hockey Hall of Fame in Toronto, and his name was trending on Twitter in the United States after a night when he wasn't listed among the three MVP candidates for a social media vote late in the final game.

The NHL did not release details, but fans took it upon themselves to select him once again, in an overwhelming vote for the six-foot-eight forward with five goals in 285 career games.



John Scott was cheered all weekend long in Nashville. BRUCE BENNETT/GETTY IMAGES

"I'm sure he won over a lot of people, and got even more fans," Chicago forward Patrick Kane said of Scott.

Fans at Bridgestone Arena booed the MVP options when announced and yelled for Scott, who wrote last week that someone with the NHL tried to talk him out of coming. He seemed a bit stunned as he soaked every-

thing in, from teammates lifting him on their shoulders while fans chanted "MVP!" before Scott was announced as the winner and presented with a Honda Pilot Touring SUV. He also posed with teammates behind their \$1 million check.

The NHL changed the format after last year's all-star game featured 92 shots and a combined

29 goals for the biggest offensive display in the showcase's 60-year history. This time, these all-stars combined for 116 shots and 23 goals.

This event looked much more like the hockey the league plays the rest of the season. Their inspiration was the 3-on-3 overtime approach for a tournament pitting the four divisions against each other in 20-minute games. The winners of the first two games advanced to a third-period championship.

"I broke a better sweat than last year for sure," Philadelphia Flyers and Metropolitan Division forward Claude Giroux said.

Anaheim forward Corey Perry scored the lone goal in the championship game at 3:38 of the second period. Two 10-minute periods were played in each of the three games.

THE ASSOCIATED PRESS

SKILLS COMPETITION HIGHLIGHTS

Red Wings forward Dylan Larkin won not only the title of fastest skater at this event but set the record for the fastest lap around a full rink. He topped Mike Gartner's time of 13.386 seconds in 1996 — months before Larkin was born.

Hometown favourite Predators captain Shea Weber won the hardest-shot at 108.1 m.p.h.

P.K. Subban — channeling his inner Jaromir Jagr with a long-flowing wig — won the breakaway event — decided by Twitter fan voting.

Bettman sticking it out until 2022

Gary Bettman said his relationship with the union has never been better.

Perhaps that's why he is willing to stick around as NHL commissioner into the next decade.

Bettman signed a contract through 2022, he confirmed in an interview Sunday on the NHL Network before the all-star game.

"This happened many, many

months ago," Bettman said.

He has been the league's leader since 1993 when it had 24 teams. Now, it has 30 franchises and there may be one or two more in a couple of years.

After Bettman's state-of-the-league news conference Saturday, he said the World Cup of Hockey and the 3-on-3 format for overtime and the all-star game are "great examples" of

how well he and NHL Players' Association executive director Don Fehr are getting along.

"Don has brought stability and strength to the union, and that's a good thing," Bettman said. "He's been a good working partner. That doesn't mean we agree on everything, but we're communicating well and working things out."

THE ASSOCIATED PRESS

AUSTRALIAN OPEN

Djokovic romps way to 11th Slam

Novak Djokovic maintained his perfect streak in six Australian Open finals with a 6-1, 7-5, 7-6 (3) victory Sunday that consigned Andy Murray to a fifth defeat in championship deciders at Melbourne Park.

Djokovic equalled Roy Emerson's long-standing record of six Australian Open titles and increased his career haul to 11 Grand Slam titles, including four of the last five, to join Rod Laver and Bjorn Borg at No. 5 on the all-time list.

"First of all I need to pay the respect to Andy and his team. Tough match, tough luck tonight," Djokovic said. "You're a great cham-

pion, great friend, very committed to this sport. I'm sure in the future you're going to have many opportunities."

Murray became only the second man to lose five finals at one major — Ivan Lendl lost five and won three U.S. Open finals in the 1980s.

On Saturday, Angelique Kerber upset Serena Williams 6-4, 3-6, 6-4 to win the women's title to claim a major title for the first time.

THE ASSOCIATED PRESS



SURVEY

Players don't trust NFL with health

An Associated Press survey of 100 NFL players finds that fewer than half think the league's clubs, coaches and team doctors have the athletes' best interests at heart when it comes to health and safety.

The divide between older and younger players is striking.

Barely a third of the players with at least four years of experience, 35 per cent, told The Associated Press they trust that their interests are being protected. That is far lower than the 71 per cent of players in Years 1-3 who hold that

1,672

The number of injuries during 2015 regular-season games that resulted in missed time, which works out to roughly one for each player in the league.

positive outlook.

Players from all 32 teams were surveyed.

THE ASSOCIATED PRESS

IN BRIEF

Calgary lugers win bronze

Canada claimed a bronze medal in the team relay event Sunday on the final day of the luge world championships.

The new-look Calgarian relay team featuring 20-year-old Mitch Malyk, Alex Gough along with Tristan Walker and Justin Smith captured their first ever medal together.

The Germans captured the World Championship title on their home track. Latvia won the silver.

THE CANADIAN PRESS

N.S. wins women's jr. curling title, Manitoba men on top

Mary Fay's clutch eighth-end draw clinched the women's title for Nova Scotia at the Canadian junior curling championships.

Fay's shot broke open a 5-5 tie as Nova Scotia went on to a 9-5 win over British Columbia's Sarah Daniels in Sunday's final.

In the men's final, Manitoba's Matt Dunstone cruised to an 11-4 win over Northern Ontario's Tanner Horgan. THE CANADIAN PRESS



Gary Bettman GETTY IMAGES

RECIPE Artichoke, Gruyère and Spinach Savoury Bread Pudding



PHOTO: MAMA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

If a frittata and bread pudding had a baby it would be this savoury dish of deliciousness.

Ready in

Prep time: 10 minutes
Total time: 40 minutes

Serves 4

Ingredients

- 2 Tbsp butter, divided
- 2 shallots, chopped
- 1 tsp salt
- 1/4 tsp pepper
- 2 thick slices of crusty country bread cut into 1-inch cubes
- 2 cups packed chopped spinach
- 1 1/2 cups grated Gruyère
- 14 oz can artichokes hearts, drained and chopped
- 1/4 cup milk
- 6 eggs, beaten
- 1 tsp fresh chopped basil

Directions

1. Preheat oven to 400 F. Divide

Tbsp of butter between four 10-oz ramekins. Place them on a baking sheet in the oven on the middle rack. Allow butter to melt. Remove baking sheet from oven and grease the ramekins using the melted butter. Set aside.

2. In a medium skillet, heat 1 Tbsp of the butter. Add the shallots, salt and pepper. Cook until they soften, about 3 minutes.

3. In a large mixing bowl, toss the bread, spinach and cheese. Add the shallots, artichoke hearts, milk and eggs and mix. Sprinkle in the basil.

4. Spoon the mixture into prepared ramekins. Place the baking sheet of ramekins back in the oven and cook until golden brown, about 25 minutes.

5. Remove baking sheet from the oven and allow ramekins to cool for 10 to 15 minutes. Serve in ramekins or run a paring knife around the edges to loosen the pudding and turn out onto plates to serve.

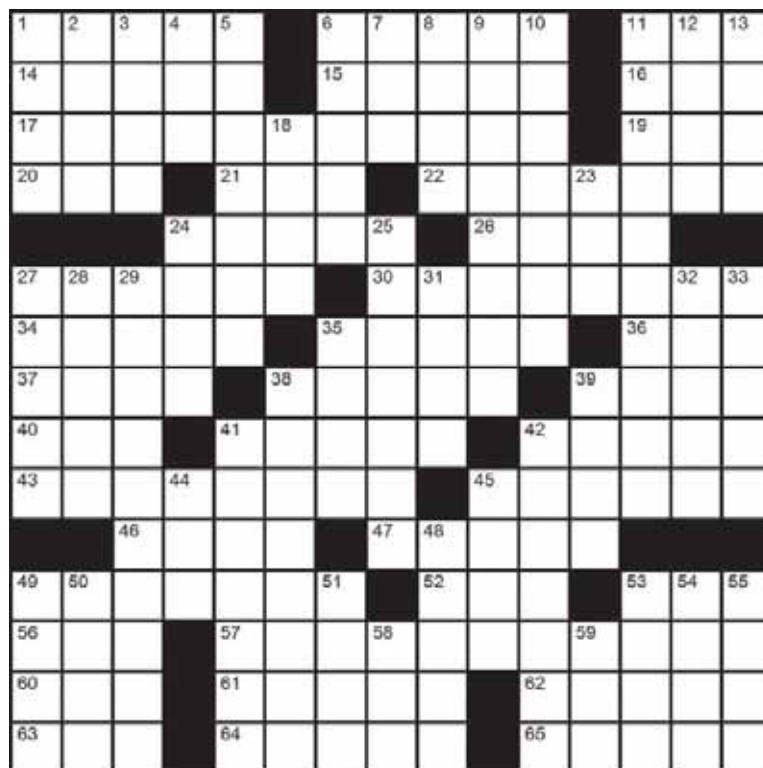
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. The Rockies, for example
6. Invites to one's penthouse suite: 2 wds.
11. Ms. Leoni
14. What the Toonie of Canada is, quite simply: 2 wds.
15. Kitchen appliances company
16. Grampus
17. Hair salon offerings for '90s pop stars: 2 wds.
19. "Ick."
20. __ dollar bill
21. Howdies
22. Ruin
24. Tears For Fears member Mr. Smith, and namesakes
26. Tandoor-baked creation
27. Peace of mind
30. Other word in #29-Down's answer
34. Where Sidney Crosby's sport is played: 2 wds.
35. "American Pie" Chevy-driving spot
36. Status __
37. To, archaically
38. Discovered through the grapevine
39. Roadside border
40. Pecan or almond
41. Covered in thicket/wooded
42. Migratory birds, for example
43. Scatter
45. Repartee
46. Retro toy, __ Bat



47. Henhouse
49. "101 Dalmatians" (1996) villainess
52. AC/DC song
53. Brit. fliers
56. 'Racket' suffix
57. Nova Scotia hometown of hockey star Sidney

- Crosby: 2 wds.
60. Cornwall's country, curly
61. Pointed arch
62. Furious
63. Fifth musical note, variantly
64. To-the-North-Sea river in Germany

65. Birchbark vessel

DOWN

1. River float
2. Land size
3. Lunch hour
4. Soldiers
5. Gush about

6. Possessed, archaically
7. Li'l quantity
8. Remarked
9. Like a story yet to be written
10. The North-west __
11. Losing-lots-of-

- blood emergency bandaging
12. Therefore
13. "... Breaky Heart" by Billy Ray Cyrus
18. Cork's country
23. 19th Greek alphabet letter
24. Irene's "Fame" (1980) role
25. The talking human
27. Circular
28. Yawnsville
29. Team #57-Across plays Center for (First word here ...more at #30-Across)
31. Song in '65's "The Sound of Music": "Climb __ Mountain"
32. Health care professional
33. Solemn
35. Fewer
38. Antique time-keeper
39. Penny
41. Herd member with a sound maker: 2 wds.
42. __ bypass surgery
44. "Star Wars: The Force Awakens" (2015) character, __ Dameron
45. __ fide
48. Additional
49. Third letters
50. __, Nevada
51. Ms. MacGraw's
53. Horse coat hue
54. Car
55. Costless
58. Dusk
59. Sports or Underwire

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Your ability to charm your way into other people's affections will take you far. You'll get your way at home and work by telling what they want to hear. It may not be true but it makes them feel good.

Taurus April 21 - May 21
Move fast to get ahead of your rivals. Certain people seem determined to prove that they are the ones most deserving of promotion but they will only succeed if you let them.

Gemini May 22 - June 21
You've been avoiding a task you think will be unpleasant but if you tackle it today it really won't be so bad. Friends and family will help if you let them know that you need it.

Cancer June 22 - July 23
Work-related issues won't be the trial they have been lately. You will make a positive impression on employers and other important people today, simply by being yourself.

Leo July 24 - Aug. 23
Others will go out of their way to do things for you over the next few days, and you must take advantage. Your instincts tell you it won't always be as easy as this.

Virgo Aug. 24 - Sept. 23
What you have said or done has only made matters worse. Of course, if you had listened to the advice given to you by a friend earlier on you could have saved yourself a lot of bother.

Libra Sept. 24 - Oct. 23
It's not worth trying to control every situation. At some point you will realize it is better to let fate take its chosen course than struggle to steer it in a direction more to your liking.

Scorpio Oct. 24 - Nov. 22
You'll feel good about yourself today and because of that you will be more open to the world. Wherever you go and whatever you do, stay calm. Minor annoyances are a fact of life.

Sagittarius Nov. 23 - Dec. 21
Be fair in your dealings and give others the benefit of the doubt if they stray from the straight and narrow. A new love affair is possible this week, or an existing one will be more fun than it has been.

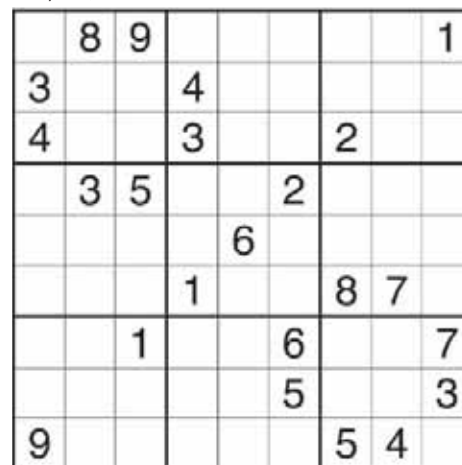
Capricorn Dec. 22 - Jan. 20
Not everyone is as logical as you and some people can be remarkably sensitive, so don't criticize too harshly. There's a way to break unpleasant news, a way that calls for a tact and understanding that you must learn.

Aquarius Jan. 21 - Feb. 19
Get away from the daily grind and recharge your batteries in a more tranquil environment. It's a great time to take a short vacation but if that is not possible at least don't tax yourself with new chores and responsibilities.

Pisces Feb. 20 - March 20
There is a danger that you will create problems that need not exist. The most useful advice anyone can give you now is to stop pushing so hard.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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6 FRESH WAYS TO RETHINK THAT BOX OF PASTA

On crazy weeknights, sometimes the only thing standing between you and yet another order of takeout... is a box of pasta. Start with 12 ounces of any shape pasta, cooked and drained according to package instructions. Here are a few easy pasta meals to solve your weeknight dinner woes. **THE ASSOCIATED PRESS**



1 Shrimp with Tomatoes, Red Onions and Basil

In a large skillet, heat 3 tablespoons olive oil, then add 4 cloves thinly sliced garlic and cook until just starting to brown. Add 2 diced large tomatoes and 1 finely chopped small red onion. Cook for 2 minutes, then add 1 pound peeled and deveined cooked shrimp. Cook just until heated through. Stir in the pasta and add 1 cup torn fresh basil leaves. Serve topped with additional olive oil and shaved Parmesan cheese.



2 Brothy Beef and Mushroom

Cook 8 ounces button mushrooms (whole or sliced) in a skillet with a little olive oil. Transfer to a plate, then cook 1 pound thinly sliced flank steak in a bit more oil. Season with salt and black pepper. Add 1 cup low-sodium beef broth and 1/2 cup low-sodium chicken broth. Stir in the pasta and mushrooms. Serve topped with chopped fresh chives or scallions.



3 Quick Veggie

In a large bowl, toss together a grated medium zucchini, 1 pint halved grape tomatoes, 2 cloves minced garlic, the pasta and a healthy drizzle of olive oil. Season with salt and black pepper, then top with grated Romano cheese or crumbled feta.



4 Bacon, Leek and Swiss

In a large skillet, cook 2 large diced leeks in 4 tablespoons (1/2 stick) butter over medium heat until very tender. Stir in 1/2 cup low-sodium chicken broth and 2 tablespoons chopped fresh thyme. Add 1 cup crumbled cooked bacon and stir in the pasta. Stir in 1 cup shredded Swiss cheese.



5 Creamy Ham and Pea

Melt 2 tablespoons butter in a large skillet. Add 1 diced medium yellow onion and cook until tender. Stir in 1 tablespoon all-purpose flour and stir to coat. Add 1 cup low-sodium chicken broth and whisk together. Add 1/2 cup heavy cream and whisk again. Bring to a simmer, then add 2 cups diced ham and 2 cups frozen peas. Cook for 3 minutes, then stir in the pasta.



6 Thai Chicken

In a skillet, cook 1 chopped large yellow onion in 1 tablespoon vegetable oil. Add 1 cup grape tomatoes and 2 1/2 cups shredded cooked chicken meat. Stir in a 14 1/2-ounce can light coconut milk and 1 to 2 tablespoons red or green curry paste. Bring to a simmer, then add the pasta. Stir in 1 tablespoon fish sauce, if desired. Serve with lime wedges and chopped fresh cilantro.



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